

## Pe-ru-na and Ka-tar-no



I have received a letter from a young lady, who asks me: "Is the old Pe-ru-na (Ka-tar-no) better than the revised Pe-ru-na?"

Either medicine has its place. One is adapted for one condition, and the other for another. Ka-tar-no is a better remedy for some conditions than the revised Pe-ru-na.

On the other hand, the revised Pe-ru-na is a better remedy for some conditions than Ka-tar-no. They are both intended as cathartic remedies. They have both done a great work in relieving catarrh, chronic and acute. Many hundreds of cases of chronic catarrh have recovered while taking Ka-tar-no and the same is true of the revised Pe-ru-na during the last six years since its revision.

There is a difference, however, in the two remedies. Whenever catarrh is associated with constipation then the revised Pe-ru-na is the best. Indeed, this is exactly why the revision was made, to meet such cases. But where no laxative is needed, where the bowels are regular or inclined to be loose, then the old Pe-ru-na (Ka-tar-no) is the better remedy.

Pe-ru-na, Man-a-lin and La-cu-pla manufactured by the Pe-ru-na Company, Columbus, Ohio. Sold at all drug stores.

**SPECIAL NOTICE:** Many persons inquire for The Old-time Pe-ru-na. They want the Pe-ru-na that their Fathers and Mothers used to take. The old Pe-ru-na is now called Ka-tar-no. If your druggist or dealer does not keep it for sale write the Ka-tar-no Company, Columbus, Ohio, and they will tell you all about it.

## POLLY VICTIM OF DECEPTION

Bird Realized Period Between Its Temporary Oblivious Had Been Materially Cut Short.

The Goodfries have a sailor son, who on one occasion brought home a parrot for the amusement and enlightenment of the family. They kept it for the sake of the donor—on no other account would it have been given house room. Of course, it was a perfectly respectable bird—occasionally, but on Sunday evenings, when young Mr. Saintly paid his regular visit, it was deemed advisable to cover Polly with a cloth.

Recently, however, Mr. S. took advantage of a half-holiday accruing to him, and made an extra call on the Wednesday. As he was ushered in Miss Mary Goodfrie dextrously threw the cloth over Polly's cage. Greetings over, there ensued the usual awkward pause, which was broken by a squawk from the covered cage.

"Well, I'll be everlastingly blessed," said Polly. "This has been a thundering short week!"

**Tuberculosis Day October 27.**

Cordial approval and endorsement of Tuberculosis day which will be observed by the churches of the country on October 27th, is expressed by President Taft in a letter to Homer Folks of New York, president of the National Association for the Study and Prevention of Tuberculosis. From present indications, Tuberculosis day will be observed by almost every religious denomination in the United States and not less than 50,000 sermons on tuberculosis will be preached on October 27th, or in the weeks preceding or following that date.

**Knew a Poet's Troubles.**

"Had a queer experience recently," said the Billville poet. "Robber held me up on the highway. Didn't have a cent in my pocket—only a poem which I was taking to the editor."

"Didn't take the poem, did he?"

"No. Read three lines of it, handed it back to me and said: 'Friend, here's \$2. You need it worse than I do.'"

—Atlanta Constitution.

**Not a Dry Book.**

"This is the most lachrymose novel I've ever read. The heroine weeps in almost every chapter." "Then you certainly can't call it a dry book."

**Will Soon Wake Up.**

Cincinnati woman declares she has discovered a man without a fault. Wait till they've been married ten years.—Milwaukee Sentinel.

When Dame Fortune knocks at a man's door he always "rubs" to see if the neighbors are looking.

## A Million Persons

Breakfast every morning on

## Post Toasties



Suppose you try the food with cream and sugar, as part of breakfast or supper.

You may be sure it will be a delicious part.

"The Memory Lingers"

Postum Cereal Company, Ltd.  
Baites Creek, Mich.

# ANCIENT EMPIRE BURIED IN GUATEMALAN JUNGLES

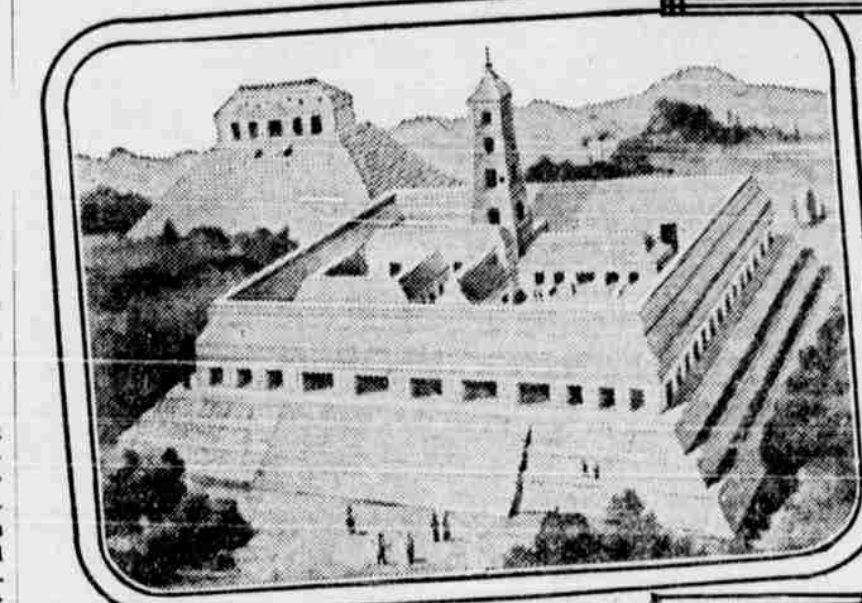


HE recent experience of a young American in the great unknown district of Peten, in Guatemala, has furnished for science one of the most valuable records in years regarding the life of what is perhaps the most ancient race of human beings in existence.

In a trip just completed, in which he spent more than two years in the jungles of a territory whose mystery has for years repelled as well as attracted the adventurous, Russell Hastings Millward, America's youngest explorer, has not only captured the world's mileage record by traveling across more than three thousand miles of unknown country, but has opened up for the merchant and archaeologist a land whose wealth has hitherto been guessed at, says the New York Tribune.

The popular impression that there is no more work for the twentieth century explorer could find no better refutation than in the exploit of this young man. The district of Peten, lying to the westward of British Honduras, between the Caribbean coast and the Bay of Campeche, has been known since time immemorial to all Central Americans as "The Mystery." There Millward has located lakes and mountains whose existence has hitherto been a matter of rumor only. For the first time a white man has penetrated those fastnesses and seen the ruins of temples and palaces which, now overgrown and buried under the foliage of the jungle, were once the centers of magnificent cities. He has not only outlined the extent of the once flourishing empire of the Maya race, but of importance to the world of commerce, he has practically opened up a new field whose riches will in a few years be one of the chief assets of the Guatemalan government.

To see this great unknown jungle with his own



THE PALACE GROUP AT PALATQUET

eyes, thus doing what no white man had ever done before, the young explorer left New York two years ago. He went straight to Belize, a town on the Caribbean coast of British Honduras, and there, while making arrangements for the expedition, he met Claudio Urrutia, government surveyor for Guatemala, who had made short trips inland and who helped get together men, pack animals and provisions for the plunge into Peten. Within a few weeks seventy-five men and a hundred mules had been collected and everything was in readiness for the start.

With all his knowledge of the natives, which he has acquired in numberless shooting and exploring expeditions in the Central American country during previous years, Millward had hardly reckoned upon the difficulties which faced him in his determination to see this land of mystery. "El Peten" it was called. What a paralyzing effect this unknown country would have upon men he did not realize until he was some weeks on his way into the jungles. As settlement after settlement was left behind, and the train of mules and men moved further and further into the bleak uplands and through the tangle of dense swamps, the problem of averting the ever-threatening mutiny of the men became more pressing.

In contrast to the Caribs, or coast natives, the party contained a large percentage of Mayas of pure blood. Not only did they hold aloof from their Carib companions, but the consciousness that the white man was leading them up into the very country sacred, according to tradition, to their ancestors, who would avenge the insult of trespass, terrified them. When night came on they were usually in a state of panic, and during the day the slightest accident out of the ordinary served to put them on their guard against some imaginary evil. Millward, talking to them in their language, tried repeatedly to discover the cause of their fears. The nearest he came to it was on one occasion when, ascending a ridge of land one noon, his machete men suddenly stopped and refused to go any further.

He had been busy with his instruments, and the first he noticed of impending trouble was when he looked to see his four machete men huddled together talking in an undertone. He ordered them to go ahead, but they drew closer together, giving every indication of terror. Millward approached and asked them what the trouble was, but they refused to talk. Knowing that while these Mayas might be coaxed or led almost anywhere, it was a waste of time to try to force them into anything, he calmly sat down and had a smoke. After a little the Indians also sat down and began to smoke, but all the while casting glances about them which seemed to indicate that they expected momentarily to be annihilated.

Finally, after using all the eloquence of which he was capable, Millward was able to calm their fears and get them to tell him the secret of their strange actions. Little by little he learned that years and years before—even the men themselves



TEMPLE OF THE SUN AT PALATQUET

did not know how long—a great Maya hunter had been prowling through that part of the jungle.

On the ridge of land before them some jungle beast leaped out upon him and killed him. According to the machete men, therefore, this hunter's fierce spirit was still roaming that hillside, raging in its agony and jealousy of any mortal presence. Should a man attempt to go up that hillside and cross that ridge some horrible doom which only a spirit could invent would befall him. The men ended by flattery refusing to venture upon the highland, and at last Millward, compromised by crossing the ridge alone and sending the Mayas around the hill to meet him on the other side.

But it was during the nights that the effect of the jungle upon the men was most evident. In some respects their superstitions were justified by the unearthly sunset effects and the appearance of the sky at night. The sun sank in a blaze of glory, followed almost immediately by the gloom of midnight. With the arrival of darkness the appearance of the constellations, large and wonderfully brilliant, was awe-inspiring. Far off on the northern horizon the north star appeared, while on the other side of the zenith sparkled the Southern Cross, for this strange country is said to be the only spot on the globe where this combination of planets is visible.

By this time the expedition had begun to penetrate the forbidden country, and almost immediately the first signs of an ancient civilization appeared. One day Millward and his men, hacking their way forward, came out suddenly into a little glade in the woods. In the center of which stood a large cylindrical stone. Its sides and upper surface were a solid mass of exquisite carvings, in which the figures of birds, flowers and the form of the serpent were repeated in a riot of designs. On the top of the stone a sloping basin was hollowed out, and from this ran a channel to the outer edge.

There was no room for doubt that it was one of the ancient sacrificial stones of the Mayas and that the natural glade in which it had rested for centuries was once the sylvan holy of holies of the Maya priests of the locality, where they "averted evil" to their people by human sacrifices.

It was the finding of this sacrificial stone that introduced the first of the stone villages. Although literally imbedded under the rank undergrowth of the jungle, enough was uncovered to show that at some time it must have been a place of importance. Ruined columns lay about, and great slabs of granite, some of them weighing many tons, were scattered in irregular heaps. The wavering lines of broken slabs and columns which in places showed through the foliage indicated the general outline of streets. In the decoration and carving of these slabs there was every mark of an art which, although in its form widely at variance with that of the Egyptians, is perhaps as old. There were indications, too, of a culture as ancient.

At the time of the conquest of the Mayas, in a warfare which began about 1540 and continued for years, a city called Tihoo, on whose site the Spanish Merida is now located, is supposed to have been the capital of the empire. The old Spanish chroniclers relate that the palaces and pyramids of the Maya city were so ancient that from the mounds built by the earliest inhabitants

this day it is not known by what name it was called.

If the feat of Millward in his two years of fighting the untrodden jungles and wastes of Peten had yielded nothing more than the knowledge of these old stone cities it would have been of priceless value, according to archaeologists. In making possible a study of Maya history and culture, so far they are almost as much a mystery as they were two hundred years ago. The elaborate carvings and petroglyphs which mark the buried temples and palaces are undecipherable, and what little history of the movements of the Mayas and their ancestors, their life and art, has survived has been only in the form of legends kept alive by obscure Maya tribes.

Mr. Millward's explorations have established the fact that the confines of the Maya empire extended far south of the belt of towns and cities whose ruins dot the northern coast toward the Bay of Campeche.

In the course of his explorations Millward came upon more than three hundred groups of ruins, which mark the site of what were once villages and towns of from 1,500 to 15,000 population each. The latter have all the characteristics of great centers of a highly developed life. As in the famous Palenque, many of the ruins in this hitherto undiscovered land which Millward penetrated are notable in their dimensions, decoration and suggestions of the high degree of civilization which created them. But as ever, owing to the superstition of the Mayas in his party, he was unable to give them more than scant attention.

For four months Millward and his men toiled through forests whose richness he declares is not even suspected by people familiar with adjoining countries. Immense mahogany trees of a size and quality unapproached by anything known to commerce grew on every side. Rosewood, ebony, cedar, logwood, chicla, cacao and rubber trees of dimensions unknown to the famous district of Quintana Roo, extended far northward into the districts which he afterward explored. Orchids of the most delicate hue, a half dozen of whose bulbs would make a small fortune for a Fifth Avenue florist, trailed from the trees and dangled the path so as to be a nuisance.

Four months and a half from the time they left Belize, Millward and his men came out of the jungle at Laguna Carmen, near the Bay of Campeche, in the Gulf of Mexico. There they put in a month of good rest. Several of the men had died from fever and exposure, and a percentage of the mules had been lost. The trip, however, was a marked success. Preparations were at once made for the return trip to Belize, and for this Millward mapped out a route which would take him across about sixty miles further to the north.

It was when a month and a half inland on this second trip that there occurred one of the most important incidents of the enterprise. This was the discovery of four large and hitherto unknown lakes. Here, again, Millward found that their existence, if not their location, was already known to his Mayas under the name of "The Four Sisters."

Maya villages continued to dot the jungles as the party progressed eastward, and in all of them the explorer was well received. As Millward worked further on in the general direction of Belize, his destination, and began to approach the other coast he came upon occasional settlements of Caribs. In physique and strength he considers these men far superior to the Mayas.

The new territory, whose resources have been revealed through the enterprise of this young explorer, is believed to be one of the most valuable finds, commercially and historically, of many decades. The untold riches of its forests are not only accessible, but Mr. Millward is likely to prove to a large extent its developer as well as its discoverer, since he already is at work on plans for the establishment of a direct route overland from the Caribbean Sea to the Gulf of Mexico, which would open up the greater part of the region to travel and commerce.

## HIS MIND UP IN THE CLOUDS

Professor Imagined Appeal Was From Fido, and the Situation Became Embarrassing.

A great lover of animals, Professor Dryadist was much given to having his pet dog sitting beside him at meal times eating tidbits from his own little plate.

The other evening he was at a dinner party, and his partner was a very great lady, who was proud of her title.

But the professor paid absolutely no attention to her. His mind had switched off on to some abstract point and he was lost to the world over the problem.

The duchess did not approve of this, and presently, to attract his attention, she pulled him gently by the sleeve.

Then the professor woke up. Grabbing a half-picked chicken bone from his plate, he thrust it under her startled nose.

"Don't bother just now, Fido!" he said curly. "Here, take this and go and eat it on the mat, like a good doggie!"

## HANDS ITCHED AND BURNED

Abbotsford, Wis.—"My son had eczema on his hands for about one year. The eczema started with a rash. His hands were sore so he could not close them, and when he wet his hands they hurt him so he could hardly wash. His hands itched and burned just terrible and if he would scratch them, they would break out into sores. He could not get any rest or sleep, and his hands looked quite bad.

"We had medicine and ointment and kept getting worse all the time. I got some Cuticura Soap and Ointment, and after washing his hands with the Cuticura Soap and putting some of the Cuticura Ointment on two times a day and tying cloths on them for about six months they got well and have not broken out since. Cuticura Soap and Ointment cured him entirely." (Signed) Mrs. Lawrence Klehl, Feb. 13, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."

ADV.

USUALLY THE CASE.



Wickson—I have been working night and day for the last month.  
Dickson—Because why?  
Wickson—In order to get enough money ahead to pay for a week's rest in the country this summer.

## JUDGE CURED, HEART TROUBLE.

I took about 6 boxes of Dods Kidney Pills for Heart Trouble from which I had suffered for 5 years. I had dizzy spells, my eyes puffed, my breath was short and I had chills and backache. I took the pills about a year ago and have had no return of the palpitations. Am now 63 years old, able to do lots of manual labor, am well and hearty and weigh about 200 pounds. I feel very grateful that I found Dods Kidney Pills and you may publish this letter if you wish. I am serving my third term as Probate Judge of Gray Co., Yvonne truly, PHILIP MILLER, Cimarron, Kan.

Correspond with Judge Miller about this wonderful remedy.  
Dods Kidney Pills, 50c. per box at your dealer or Dods Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free. Adv.

**Serious Lack.**

An old Englishwoman, who was extremely stout, was making vain efforts to enter the rear door of an omnibus. The driver leaned over good-naturedly, and cried:

"Try sideways, mother, try sideways!"

The old woman looked up breathlessly, and replied:

"Why, bless ye, James, I ain't got no sideways!"—Youth's Companion.

The fountain of beauty is the heart, and every generous thought illustrates the walls of your chamber.—Smiles.

Most people would rather take advice from strangers.

## W.L. DOUGLAS SHOES

\$3.00 \$3.50 \$4.00 \$4.50 AND \$5.00

FOR MEN AND WOMEN

Boys wear W. L. Douglas \$2.00, \$2.50 & \$3.00 School Shoes, because one pair will positively outwear two pairs of ordinary shoes, same as the men's shoes.

W. L. Douglas makes and sells more \$3.00, \$3.50 & \$4.00 shoes than any other manufacturer in the world.

THE STANDARD OF QUALITY FOR OVER 30 YEARS.

The workmanship which has made W. L. Douglas shoes famous the world over is maintained in every pair.

Ask your dealer to show you W. L. Douglas latest fashions for fall and winter wear, notice the short uppers which make the foot look smaller, points in a shoe particularly desired by young men. Also the conservative styles which have made W. L. Douglas shoes a household word everywhere.

If you could visit W. L. Douglas latest factories at Brockton, Mass., and see for yourself how carefully W. L. Douglas shoes are made, you would then understand why they are warranted to fit better, look better, hold their shape and wear longer than any other make for the price.

CAUTION.—To protect you against inferior shoes, W. L. Douglas stamps his name on the bottom. Look for the stamp. Beware of substitutes. W. L. Douglas shoes are sold in 78 own stores and shoe dealers everywhere. No matter where you live, they are within your reach. If your dealer cannot supply you, write direct to factory for catalog showing how to order by mail. Shoes sent everywhere, delivery charges prepaid. W. L. Douglas, Brockton, Mass.

## WOMAN SICK TWELVE YEARS

Wants Other Women to Know How She Was Finally Restored to Health.

Louisiana, Mo.:—"I think a woman naturally dislikes to make her troubles known to the public, but complete restoration to health means so much to me that I cannot keep from telling mine for the sake of other suffering women."

"I had been sick about twelve years, and had eleven doctors. I had dragging down pains, pains at monthly periods, bilious spells, and was getting worse all the time. I would hardly get over one spell when I would be sick again. No tongue can tell what I suffered from cramps, and at times I could hardly walk. The doctors said I might die at one of those times, but I took Lydia E. Pinkham's Vegetable Compound and got better right away. Your valuable medicine is worth more than mountains of gold to suffering women."

"—Mrs. BERTHA MUFF, 603 N. 4th Street, Louisiana, Mo.

Lydia E. Pinkham's Vegetable Compound, made from pure roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

## Stiff Joints Sprains, Bruises

are relieved at once by an application of Sloan's Liniment. Don't rub, just lay on lightly.

"Sloan's Liniment has done more good than anything I have ever tried for stiff joints. I got my hand hurt so badly that I had to stop work right in the midst of the year. I thought at first that I would have to have my hand taken off, but I got a bottle of Sloan's Liniment and cured my hand."

WILTON WHEELER, Morris, Ala.

**Good for Broken Sins.**

O. G. Jones, Baldwin, L. I., writes: "I used Sloan's Liniment for a broken sinus above the knee cap caused by a fall and to my great satisfaction was able to resume work in less than three weeks after the accident."

## SLOAN'S LINIMENT

Fine for Sprain

Mr. HENRY A. Voss, St. Rosemont St., Pleasant, N. J., writes: "A friend sprained his ankle so badly that it was black. I rubbed with Sloan's Liniment and he was able to walk in a week. I applied Sloan's Liniment and in four days he was working and said Sloan's was a right good Liniment."

Price 25c. 50c. and \$1.00  
Sloan's Book on horses, cattle, poultry sent free.  
Address  
Dr. Earl S. Sloan



Boston, Mass., U.S.A.

## CANADA'S OFFERING TO THE SETTLER

THE AMERICAN RUSH TO WESTERN CANADA IS INCREASING

160 ACRES  
FARM IN WESTERN CANADA  
FREE

Free Homesteads in the new Western of Manitoba, Saskatchewan, Alberta and British Columbia. There are thousands of Free Homesteads in Western Canada. The man making entry in 3 years time will be entitled to 160 acres of land. These lands are well watered, fertile, and growing and cattle raising.

**Social Conditions**

The American Settler at home or abroad, in a strange land, having nearly a million of his own people already settled there. If you desire to know why the conditions of the Canadian Settler are so prosperous write to any of the Canadian Immigration Agents and send for literature, rates, etc., to Canadian Immigration Agent, Dept. of Immigration, Ottawa, Canada.

J. A. Macdonald, Broker 518, Waterline, S. E. A. GARRETT, 315 Jackson St., St. Paul, Minn.

W. N. U., SIOUX CITY, NO. 43-1912

## Invention Came by Chance

Mica of the Sextant, Invaluable to Sailors, Result of Observation Made by Philadelphia Glazier.

The element of chance plays an important role in invention, and in no case is this more strikingly illustrated than in that of Thomas Godfrey, the American who improved upon the quadrant, or, rather, devised the sextant, the basic notion for which he got

by noting the reflection of the sun from a pane of glass.

Godfrey was a glazier by trade, but he had a taste for mathematics and was a man of some culture.

John Hadley had also invented a sextant, apparently a development of a suggestion of Newton's, found among his papers at his death. Godfrey anticipated Hadley by about one year,

but for a long time his claims were not recognized, Hadley receiving the entire credit.

The glazier thus received his inspiration for the instrument that was to prove of such value to mariners: One day, while replacing a pane of glass in a window of a house in Philadelphia opposite a pump, he saw a girl, after filling her pail, put it upon the sidewalk. The observant glazier saw the sun reflected from the window in which he had been at work into the bucket; of water. His mind quickly

perceived the significance of the situation, and he was thus led to the design of an instrument "for drawing the sun down to the horizon," a device incomparably superior to any that had hitherto been used for the ascertainment of angular measurements.—Harper's Weekly.

The lives of men who have been always growing are strewn along their whole course with things they have learned to do without.—Phillips Brooks.